Soft Pretzels



Week 5 Friday Snack

<u>Ingredients</u>	16 Servings	32 Servings	Directions
Dry active yeast, Baker's	1 Tbsp	2 Tbsp	1. In a large mixing bowl, combine half of the flour, oil, yeast and fruit juice.
Apple or white grape juice, lukewarm, unsweetened Salt, table Vegetable oil Egg, whole, fresh, beaten All-Purpose flour, enriched, bleached	¼ tsp 1 Tbsp 1 lg. egg 2 cups	1½ cup ½ tsp 2 Tbsp 2 lg. eggs 1 qt	 Beat with an electric mixer for 2-3 minutes. Stir in remaining flour Knead on floured board for 10 minutes or until dough is smooth and elastic. Add more flour if dough is sticky. Pinch off pieces of dough and roll to form 16 long strips. Twist into desired shapes and place on lightly greased baking sheets. Let rise in a warm place for 30 minutes.
Portion size for 3-5 year old: 1/2 pro	etzel		8. Brush with egg and sprinkle with salt. 9. Bake at 450 degrees F for 15 minutes or until brown.
Each serving provides: ½ slice bread a			

Nutrition Tip: The sugar naturally present in apple or white grape juice sweetens the flavor of this pretzel without adding extra "white" sugar.

Physical Activity: Invent dances to your favorite songs.

Recipe Source: What's Cookin' II, Nebraska Dept. of Education Nutrition Services

Spinach Salad



Week 1 Friday Lunch

<u>Ingredients</u>	9 Servings	18 Servings	Directions	
Fresh spinach Vegetable oil Lemon juice Garlic powder Sugar Chopped hard cooked eggs Cooked and chopped bacon	2 ¼ cups 2 Tbsp 1 Tbsp 1/8 tsp 1 tsp 1 large egg 2 slices	5 ½ cups 4 Tbsp 2 Tbsp ½ tsp 2 tsp 2 large eggs 4 slices	1. Wash and drain spinach off stems, tear into bit-si pieces and place in a salad 2. To make dressing, combounded and sugar in a screen jar. Cover and shake well. 3. Pour dressing over spin toss lightly to coat spinach 4. Sprinkle bacon and egg	ze bowl. bine garlic ew top hach;

Portion size for 3-5 year old: ¼ cup Each serving provides: ¼ cup vegetable

Nutrition Tip: I ron and Vitamin C: A great way to double up on fighting infections with lasting energy.

Physical Activity: Balancing Relay – Divide children up into groups. Give each group a beanbag or small soft toy to balance on their head. They have to race, with out dropping the beanbag, to a point and back. The first team to successfully make it wins.

Recipe Source: Robin Timmerman - Geneva

Sunny Carrot Salad



Week 1 Thursday Lunch

<u> </u>	<u> 10 Servings</u>	<u>25 Servings</u>	Directions
Carrots, grated or shredded	2 cups	1 qt + 1 cup	Peel carrots with a vegetable
Raisins (light or dark)	½ cup	1 ¼ cup	peeler and grate coarsely or
Mayonnaise	1/3 cup	%cup + 1 Tbsp	shred. Add the raisins,
Salted peanuts, option to leave off	sprinkled	sprinkled	mayonnaise and salted
Lettuce	1 large leaf	1 large leaf	peanuts, saving about 1
	each	each	tablespoon of peanuts to
			garnish salads. Stir to mix
			thorough. Place a lettuce leaf
			on each 4 salad plates. Spoon
			carrot salad into center of
			each leaf. Sprinkle a few
			peanuts over top of salad.
			Refrigerate until serving time.

Portion size for 3-5 year old: ¼ cup

Each serving provides: ¼ cup fruit/vegetable

Nutrition Tip: Carrots contain Vitamin A to keep your immune system strong and able to fight off infections. Physical Activity: Let children pretend they are bunnies or jackrabbits. Have a bunny/rabbit race.

Recipe Source: http://homehearth.virtualave.net/sunnycarrot.html

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Sunshine Tacos



Week 2 Wednesday Breakfast

<u>I ngredients</u>	<u> 10 Servings</u>	20 Servings	<u>Directions</u>
Tortillas (10" in diameter) Eggs (whole, scrambled) Cheese (American or cheddar)	5 each 6 large ½ cup (shredded)	10 each 12 large 1 cup (shredded)	Scramble the eggs. Sprinkle cheese on tortillas and heat until cheese melts. Add scrambled eggs to tortillas, fold like a taco and enjoy!

Portion size for 3-5 year old: ½ taco

Each serving provides: ½ slice bread alternate, 1 oz meat alternate

Nutrition Tip: Try using whole wheat tortillas in this recipe to increase fiber and B Vitamins.

Physical Activity: Play a game of soccer with a beachball. Recipe Source: Laura England, Kootenai Valley Head Start

Ingradiants

Taco Chex Mix

15 Convince



Directions

20 Corvinge

Week 1 Monday Snack

<u>ingreaients</u>	<u> 15 Servings</u>	<u>30 Servings</u>	Directions
Butter Dry Taco Seasoning Mix Corn Chex cereal Grated Cheese (parmesan)	1 Tbsp 1 Tbsp 4 cups ½ cup	2 Tbsp 2 Tbsp 8 cups 1 cup	Melt butter and seasoning. Mix into cereal. Sprinkle on the cheese and heat in oven until melted.

Portion size for 3-5 year old: 1/3 cup Each serving provides: 1 bread alternate

Nutrition Tip: Corn Chex provides iron to help children grow.

Physical Activity: Line up the children in a long row. The child at the head of the line weaves his/her way around the yard leading the "human caterpillar". Have the children take turns at the head of the line.

Recipe Source: Laura England, Kootenai Valley Head Start, Montana

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Tasty Lemon Fish



Week 3 Tuesday Lunch

<u>Ingredients</u>	<u> 10 Servings</u>	<u>25 Servings</u>	<u> Directions</u>
Paprika	3/8 tsp	1 tsp	Mix dry ingredients in a small
Garlic, granulated	₹ tsp	1 tsp	bowl. Place in a salt shaker.
Salt, onion	3/8 tsp	1 tsp	Place fish portions into an
Pepper, red/cayenne	1/8 tsp	3/8 tsp	ungreased pan.
Pepper, black	½ tsp	3/8 tsp	Sprinkle lemon juice and seasoning mix over the top of
Pepper, white	1/8 tsp	3/8 tsp	the fish fillets.
Oregano, ground	1/8 tsp	½ tsp	Drizzle melted margarine over
Thyme, ground	1/8 tsp	½ tsp	the seasonings.
Fish fillets, frozen, unbreaded	20 oz	50 oz	Bake at 350 degrees for 20 min.
Margarine	1 ¼ oz	3 oz	Until fish flakes easily with a
Lemon juice, frozen,	1Tbsp+1¾tsp	¼ cup	fork.
unsweetened			

Portion size for 3-5 year old: 1 ½ oz of fish (approx. ½ the size of a deck of cards)

Each serving provides: 1 ½ oz meat

Nutrition Tip: Fish is a great source of omega 3 fatty acids (good for your heart).

Physical Activity: Have a jumping jack event, see if kids can do 10 jumping jacks, then 15 and then 20!

Recipe Source: USDA D-46

Ingradiants

Tater Tot Casserole

16 Corvings



22 Sorvings

Week 2 Wednesday Lunch

Directions

Ingredients	<u> 16 Servings</u>	32 Servings	Directions
Dried onion	2 Tbsp	4 Tbsp	Mix first 5 ingredients
Reduced fat cream of chicken soup	1-10 oz can	2-10 oz cans	together in large bowl. Add
Chicken rice soup	1-10 oz can	2-10 oz cans	chicken and taters. Stir.
Pepper	1/8 tsp	¼ tsp	
Dried mustard	½ tsp	1 tsp	Pour into 8 x 8" baking pan.
Cooked chicken (chopped)	3 cups	6 cups	
Tater tots	1 pound	2 pounds	Bake at 350 for 45 minutes.

Portion size for 3-5 year old: 1/16 of recipe

Each serving provides: 1 ½ oz meat and < ¼ cup vegetable

Nutrition Tip: Vitamin C helps improve the absorption of iron. Serve this recipe with a Vitamin C rich fruit.

Physical Activity: "Turtle and Rabbit" – Explain turtles move slowly and rabbits move fast. When turtle is called out the children must move slowly until rabbit is called out. Repeat alternating animals to keep children moving.

Recipe Source: Young Parents Education Center, Great Falls

Tuna Boats



Week 5 Monday Lunch

Ingredients	8 Servings	16 Servings	Directions
Tuna, light, water packed, drained	12 oz	24 oz	Heat oven to 350 degrees F. Mix first 4 ingredients in a bowl. Open
Dill pickle, chopped (can substitute relish for sweeter flavor)	1/3 cup	2/3 cup	buns and slice down center. Butter each half.
Cheese, cheddar, sliced	2 oz.	4 oz.	Spread tuna filling evenly on buns.
Mayonnaise, low-fat	1/3 cup	2/3 cup	Place on cookie sheet and bake for 8 minutes.
Catsup	2 Tbsp	¼ cup	Add cheese slices, bake for 2
Hot dog buns	4 each	8 each	more minutes or until cheese is melted.
Soft butter or margarine	Just enough to cover each bun	Just enough to cover each bun	

Portion size for 3-5 year old: ½ a tuna boat or ½ a hot dog bun Each serving provides: 1 ½ oz meat/meat alternate, ½ slice bread alternate

Nutrition Tip: Fish, like tuna, is a source of healthy fats (Omega 3 fatty acids) and helps to keep the heart healthy. You can also try this recipe with salmon.

Physical Activity: In the winter go outside! Build a snowman and play in a snow fort.

Recipe Source: Home and Hearth

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Turkey Tetrazzini



Week 4 Thursday Lunch

<u>Ingredients</u>	<u>12 Servings</u>	<u>24 Servings</u>	Directions
Vermicelli spaghetti, dry, enriched	8 oz	1 lb	Mix all ingredients, place
Mushroom soup, condensed	2 can	4 cans	in a greased 9 x 13 inch
Mushrooms, canned, drained	1 can	2 cans	pan.
Milk, 1% Low-fat	1 cup	2 cups	Sprinkle with Parmesan
Turkey, roasted, chopped/diced	2 cups	1 qt	•
Green pepper, raw, chopped	½ cup	1 cup	cheese on top and drizzle
Pimento, canned	½ cup	1 cup	melted butter.
Cheddar cheese, shredded	2 cups	1 qt	Bake at 350 degrees for
Salt and pepper to taste			45 minutes.
Parmesan cheese, grated	½ cup	1 cup	
Melted butter	3 Tbsp	1/3 c. + 2 tsp	

Portion size for 3-5 year old: 1/12 of recipe

Each serving provides: ½ slice bread alternate, 1 ½ oz meat/meat alternate

Nutrition Tip: Try using thin whole wheat spaghetti noodles in this recipe for extra nutrition and added fiber.

Physical Activity: Balloon volleyball – children can be standing on the floor. A rope is tied just above their heads and they can bat it back and forth across the rope.

Recipe Source: www.cooks.com

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Each serving provides: 2 oz meat, 3/8 cup vegetable

Vegetable Chili



Week 5 Wednesday Lunch

<u>Ingredients</u>	<u>10 Servings</u>	<u>25 Servings</u>	<u>Directions</u>
Vegetable oil	2½ tsp	2 Tbsp	Heat the oil.
Onions, chopped or	¾ cup	2 cups	Add the chopped onions and sauté
Dehydrated onions	3 Tbsp	½ cup	3 minutes, until translucent.
Fresh green peppers, chopped,	3/8 cup	1 cup	
Or dried green peppers	3 tsp	2 Tbsp+2 tsp	Add the chopped green peppers
Chili powder	2 Tbsp+1 tsp	¼ cup+2 Tbsp	and sauté 2 minutes, until tender.
Cumin	2 ¼ tsp	2 Tbsp	Add the chili powder, cumin,
Granulated garlic	¾ tsp	2 tsp	granulated garlic, onion salt, brown
Onion salt	½ tsp	1 tsp	sugar, and tomatoes. Simmer 15
Red hot sauce (optional)	¾ Tbsp	2 Tbsp	minutes, uncovered.
Brown sugar	1 ½ Tbsp	¼ cup	·
Canned crushed tomatoes	2 ½ cup	1 qt+2 cups	Add the kidney beans, bulgur
Canned diced tomatoes, drained	½ cup	1 ¼ cup	wheat, and water. Simmer 15
Canned kidney beans, drained	2 ½ cup	1 qt+2 ¼ cups	minutes, uncovered.
No. 3 bulgur wheat	2/3 cup	1 ½ cup	Add yogurt and stir to blend.
Water	7/8 cup	2 cups	Sprinkle ¼ cup of cheddar cheese
Low-fat plain yogurt	¾ cup	2 cups	on top of each serving.
Low-fat cheddar cheese, shredded	10 oz (2 ½ cup)	1 lb 9 oz or	on top or each serving.
* when using dehydrated veggies, re-hydrate in equal amount of water.		(1 qt+2 ¼ cups)	
Portion size for 3-5 year old: ¾ cup			

Nutrition Tip: Kidney beans, like all legumes, provide iron and fiber. Canned beans are a quick, healthy, and cost-effective. Physical Activity: Have the children do a pretend triathlon. Run in place, lay on tummy and swim, and then flip over to back and pedal pretend bikes. Make medals and string on thick ribbons for triathlon competitors.

Recipe Source: USDA-D-26

Ingradiants

Vegetable Soup

10 Sorvings



Directions

25 Sorvings

Week 5 Monday Lunch

<u> </u>	<u>ro Servings</u>	<u>25 Servings</u>	<u>Directions</u>
Chicken or beef stock	1 qt + 2 cups	3 qt + 3 cups	Combine stock, tomatoes, celery,
Tomatoes, canned, crushed	2 ½ cups	1 qt + 2 cups	onions, pepper, parsley flakes, and
Fresh celery, chopped/diced	½ cup	1 ¼ cups	garlic powder. Bring to a boil.
Onions, fresh, chopped	2/3 cup	1 ¼ cup +2 Tbsp	
Black pepper	1/8 tsp	½ tsp	Reduce heat and cover. Simmer
Parsley flakes, dried	¾ Tbsp	2 Tbsp	for 20 minutes.
Garlic powder	1 ¼ tsp	1 Tbsp	
Corn, sweet yellow, canned, drained	2/3 cup	1½ cups	Add corn, carrots, green beans,
(OR frozen whole kernel corn)	(3/4 cup)	(1 ½ cup + 2Tbsp)	and green peas. (Frozen
Canned, diced carrots, drained	2/3 cup	1 ½ cup	vegetables may be combined with
(OR frozen sliced carrots)	(1 cup)	(2 ½ cups)	canned vegetables.)
Green beans, canned, drained,	2/3 cup	1½ cups	
(OR frozen cut green beans)	(¾ cup)	(1 ½ cups)	Cover and simmer for 15 minutes,
Green peas, canned, drained	2/3 cup	1½ cups	or until vegetables are tender.
(OR frozen green peas)	(¾ cup)	(2 cups)	

Portion size for 3-5 year old: 1 cup Each serving provides: ½ cup vegetable

Nutrition Tip: This soup is good with either canned or frozen vegetables. Talk about all the colors of vegetables in this soup.

Physical Activity: "Pantomime" –Let each child suggest an animal or person that the group will "act out" as a group.

Recipe Source: USDA

Ingradiants

Volcano Potatoes

24 Sorvings

12 Sorvings



Directions

Week 3 Friday Lunch

Ingregients	12 Servings	<u>24 Servings</u>	Directions
Sweet Potatoes, raw,	2 lb + 3 oz (~3 potatoes)	4 lb + 6 oz (~6 potatoes)	Pare, cook, and mash potatoes until smooth and light.
Peeled*	(*3 potatoes)	(*O potatoes)	Add butter, a few grains of pepper, salt, and paprika to taste with
Butter	1/8 cup	¼ cup	sufficient milk to moisten
Pepper	To taste	To taste	thoroughly. Make into irregular cones about 3
Salt	.5 tsp	1 1/8 tsp	inches high and place on a platter for
Paprika	To taste	To taste	baking. In the top of each cone make a deep indentation.
Milk, 1% low-fat	¼ cup 1 Tbsp	½ cup 3 Tbsp	Mix the grated cheese with a little
Grated cheese, cheddar,	(shredded)	(shredded)	salt and enough paprika to make it quite red, and fill each cone with this
or American		(Sin caaca)	mixture. Sprinkle more cheese over the cones and place in a hot oven. As
*Declaration lands and the lands			the cheese melts it will spread and
*Recipe can also be made with white potatoes.			cover the side of the cones.

Portion size for 3-5 year old: ¼ cup Each serving provides: ¼ cup vegetable

Nutrition Tip: Fresh potatoes are a good source of vitamin C. Sweet Potatoes contain Vitamin A for healthy skin. Physical Activity: "Fruit/Vegetable Tag" – the kids play freeze tag like normal, but to get unfrozen, they must holler out a favorite fruit or vegetable.

Recipe Source: http://nancyskitchen.com

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Whole Grain Banana Muffins

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Week 1 Monday Breakfast

<u>I ngredients</u>	<u> </u>	<u>24 Muffins</u>	<u> Directions</u>
Enriched AP white flour Whole wheat flour	1 cup 1 cup	2 cup 2 cup	Preheat oven to 400 degrees. In a mixing bowl combine flours, wheat
Wheat germ Salt Baking Powder Egg, Whole, Fresh	1/3 cup a pinch 3 tsp 1 large	2/3 cup ½ tsp 2 Tbsp 2 large	germ, salt and baking powder. In a separate bowl, beat together the egg, juice concentrate, milk, butter & banana. Add the milk mixture to the dry ingredients and mix until just combined. Fold in fruit, being careful not to over mix. Spray muffin pan with cooking spray. Fill each cup 2/3 full and bake for 15 minutes. Can spread with peanut butter or cream cheese.
Ripe banana (mashed) Apple juice (concentrate, thawed) Milk (skim) Butter (melted) Dried fruit (optional) (Raisins, chopped apricots)	½ cup ¼ cup 1 cup 3 tsp ¼ cup	1 cup ½ cup 2 cup 2 Tbsp ½ cup	

Portion size for 3-5 year old: 1/2 muffin Each serving provides: 1 ½ bread alternate

Nutrition Tip: Enriched flour, raisins and dried apricots contain iron to keep your energy level up!

Physical Activity: Pick a favorite song and dance along to it! Recipe Source: www.pammshouse.com/kidseatveggies.html

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Yogurt/Cereal/Fruit Parfait



Week 1 Tuesday Breakfast

Ingredients	10 Servings	25 Servings	Directions
Low-fat, plain yogurt Low-sugar, whole grain cereal	2 ½ cups 3 1/3 cups	6 ¼ cups 8 1/3 cups	Preferably in a see through glass, layer the yogurt, cereal and fruit.
Fruit (fresh or frozen)	5 cups	6 ¼ cups	Total, amongst the layers, there should be 1/4 cup yogurt, 1/3 cup cereal, and 1/2 cup fruit.

Portion size for 3-5 year old: 1 parfait to include ¼ cup yogurt, 1/3 cup cereal, ½ cup fruit Each serving provides: ½ oz meat alternate, ½ slice bread alternate, ½ cup fruit

Nutrition Tip: Look for seasonal fresh fruit to use in this recipe. Frozen fruit is also a good choice.

Physical Activity: See how many turns the kids can take on a jump rope. Or, lay the jump rope on the floor and count how many times they can jump over it.

Recipe Source: Montana Child and Adult Care Food Program